



Berry bake with passion fruit drizzle

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



348 kcal

SIDE DISH

Ingredients

- ☐ 100 g spread low-fat
- ☐ 85 g caster sugar
- ☐ 1 lemon zest grated
- ☐ 1 eggs
- ☐ 140 g self-raising flour
- ☐ 1 tsp double-acting baking powder
- ☐ 4 tbsp natural yogurt low-fat
- ☐ 200 g apple sauce

- ☐ 140 g raspberries (or a mixture)
- ☐ 50 g little demerara sugar
- ☐ 2 passion fruits halved

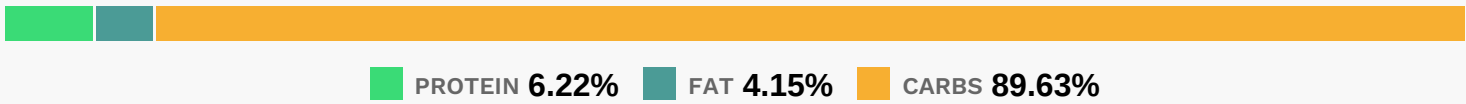
Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Heat the oven to 180C/160C fan/gas
- ☐ Lightly grease a medium baking dish with 1 tsp of the spread.
- ☐ Put the remaining spread, caster sugar, lemon zest, egg, flour, baking powder and yogurt in a mixing bowl.
- ☐ Whisk together for 2 mins until pale and fluffy. Stir in the apple sauce this might make the mixture look curdled, but dont worry. Gently fold in the berries, then pour the batter into the prepared dish and level the surface.
- ☐ Bake for 25–30 mins until the sponge is golden brown and firm in the centre.
- ☐ Meanwhile, mix lemon juice, demerara sugar and passion fruit pulp together.
- ☐ Remove pudding from the oven, lightly prick the surface with a fork and drizzle over passion fruit mixture.
- ☐ Serve warm with low-fat vanilla ice cream or the yogurt.

Nutrition Facts



Properties

Glycemic Index:51.52, Glycemic Load:27.51, Inflammation Score:-5, Nutrition Score:8.2182608169058%

Flavonoids

Cyanidin: 23.32mg, Cyanidin: 23.32mg, Cyanidin: 23.32mg, Cyanidin: 23.32mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 8.88mg, Catechin: 8.88mg, Catechin: 8.88mg, Catechin: 8.88mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 2.89mg, Epicatechin: 2.89mg, Epicatechin: 2.89mg, Epicatechin: 2.89mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 347.65kcal (17.38%), Fat: 1.65g (2.54%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 80.18g (26.73%), Net Carbohydrates: 75.33g (27.39%), Sugar: 52.71g (58.57%), Cholesterol: 28.08mg (9.36%), Sodium: 115.67mg (5.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.13%), Manganese: 0.4mg (19.91%), Fiber: 4.85g (19.42%), Selenium: 12.57µg (17.96%), Vitamin C: 11.4mg (13.81%), Copper: 0.23mg (11.44%), Vitamin K: 11.81µg (11.24%), Vitamin A: 559.97IU (11.2%), Phosphorus: 101.32mg (10.13%), Calcium: 98.47mg (9.85%), Vitamin B2: 0.14mg (8.49%), Potassium: 277.91mg (7.94%), Iron: 1.25mg (6.93%), Folate: 24.41µg (6.1%), Magnesium: 23.34mg (5.83%), Vitamin B3: 1.03mg (5.15%), Zinc: 0.7mg (4.65%), Vitamin B5: 0.44mg (4.4%), Vitamin B1: 0.06mg (4.14%), Vitamin B6: 0.07mg (3.63%), Vitamin E: 0.52mg (3.49%), Vitamin B12: 0.14µg (2.33%)